

Blue Cross® VIRTUAL WELL-BEING



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Blue Cross Virtual Well-Being's October Challenge kick-off

Blue Cross Virtual Well-Being has created a calendar of well-being activities to help you improve your well-being and live a thriving life.

During the October Challenge, you'll follow a downloadable calendar that includes actions such as:

- Create a daily food log.
- Try a relaxation meditation.
- Have a digital detox day.
- Spend time in nature doing something you love.
- Practice a self-care activity.
- Find your purpose.
- Find an old music album that you love, and give it a listen.
- Write three to five things you are grateful for.

Blue Cross® VIRTUAL WELL-BEING						
Blue Cross® Virtual Well-Being October Challenge						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Join us by sending the words "Challenge Accepted" in the Questions section during any live Virtual Well-Being session.				1. Assess your food intake by creating a food journal. Log your meals and snacks each day.	2. Find time for at least 20 minutes of cardio each day. This could be walking, running, biking, swimming or playing your favorite sport.	3. Start a journal or log something "new" to you, such as your meditation or gratitude.
4. Meditate for at least 5 minutes or try this 5-minute meditation on Breath .	5. Write a note of thanks to someone who has supported you and provided comfort.	6. Try a new yoga flow or try this yoga session on Yoga Substitutions .	7. Enjoy nature in any way you love. Take your car or coffee outside or take time to enjoy the sunset.	8. Practice a self-care activity today and remember to be kind to yourself. Or learn more about Self-Care at Home .	9.	10. Practice mindful eating by setting your table down after each bite.
11. Meditate for at least 5 minutes or try this meditation on Substitutions .	12. Find your purpose. If someone is helping you, check out Finding Your Life's Purpose .	13. Functional fitness is about preparing the body for real life movements. Try a new plan or check out our Functional Fitness workouts.	14. Find an old music album that you love and give it a listen. Bonus points if you listen to it outside.	15. Today, aim to do kind things for others without expecting recognition.	16. Find a new trail in your area and go for a walk. Make sure to bring water with you and dress for the weather.	17. Drink a glass of water when you wake up and before every meal.
18. Meditate for at least 5 minutes or try this meditation on Joy .	19. Take a sunset vacation with a quick breathing exercise or watch Be Grateful, Be Happy to help with stress and anxiety!	20. Spend 20 minutes engaging in resistance training or try the Beginner Chair Circuit video to add muscle mass to your workout routine.	21. Revisit an old hobby or learn a new craft. Be sure to watch Crafts for Well-Being if you're looking for ideas.	22. Write 3 to 5 things you are grateful for today.	23. Take a walk and take a picture of your favorite view to share with friends and family.	24. Have a fruit and vegetable with every meal.
25. Meditate for at least 5 minutes or try this meditation on Breath .	26. Reach out to people in your circle today. Learn more about the power of Generous Goodness .	27. Start your day with a Quick and Healthy Breakfast or find your own recipe to get more servings of fruits and vegetables.	28. Create a vision board for the new year for yourself and your family. Learn more about Create a Vision Board .	29. Take a digital detox from social media. Learn more about how to have a Digital Detox at Home .	30. Walk on your lunch break and get a healthy dose of vitamin D. Learn more of the health benefits on Take It Outside .	31. Pay it forward. Do something generous for someone you love or live or even an unfamiliar person.
<small>*All underlined links are on www.bluecrossvirtualwellbeing.com located on the Member page under the past webinars tab!</small>						
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Each week in October, you can share your progress during our regular Thursday sessions. We look forward to hearing what new activities you tried and what you plan to continue practicing after the challenge is complete.

We encourage you to share your progress and successes with your friends and ask your social network to come along with you on your journey.

- You could post your activities on social media.
- Start a group text with friends.
- Download a new app that could support you on one of the challenge days.

The calendar gives you activities to do for just that day, but some activities are focused on developing a habit that you'll do for the whole month. Activities are broad, and some of them may have to be modified so they're accessible to everyone.

Ready to join us? Here's what you'll need to do:

1. Today or during a future session, type "Challenge Accepted" in the *Questions* section on the panel on your screen.
2. Download your challenge calendar.
3. Start the challenge, and encourage your family and friends to join you.
4. Attend the regular Thursday sessions in October, and let us know how you're doing.